


Duke Diet & Fitness Center

FITNESS PROGRAM

Gym Hours: 7:30 am – 7:30 pm
Pool Hours: 9:00 am – 4:00 pm (Closed Noon-1pm)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Aqua Aerobics**	Aqua Power & Strength**	Aqua Aerobics**	Aqua Power & Strength**	Aqua Aerobics**
10:00	Open Gym	Low Impact Aerobics**	Kickboxing Aerobics**	HIIT: High Intensity Interval Training**	Step Aerobics**
	Lap Swim & Open Pool Exercise	Lap Swim & Open Pool Exercise	Lap Swim & Open Pool Exercise	Lap Swim & Open Pool Exercise	Lap Swim & Open Pool Exercise
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Water Volleyball & Open Pool Exercise (Deep Only)	Water Volleyball & Open Pool Exercise (Deep Only)	Water Volleyball & Open Pool Exercise (Deep Only)	Water Volleyball & Open Pool Exercise (Deep Only)	Lap Swim & Open Pool Exercise
NOON	POOL CLOSED: NOON-1:00PM				
1:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Water Walking (self-paced)	Water Walking (self-paced)	Water Walking (self-paced)	Water Walking (self-paced)	Water Walking (self-paced)
2:00	Total Body Conditioning**	Chair Aerobics & Balance Training	Yoga/Pilates Fusion	Chair Aerobics & Stretch	Open Gym
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Volleyball & Open Pool Exercise (Deep Only)
3:00	Open Gym (3p-8p)	Open Gym (3p-8p)	Open Gym (3p-8p)	Open Gym (3p-8p)	Open Gym (3p-8p)
	Open Pool Exercise (Pool Closes at 4p)	Open Pool Exercise (Pool Closes at 4p)	Open Pool Exercise (Pool Closes at 4p)	Open Pool Exercise (Pool Closes at 4p)	Open Pool Exercise (Pool Closes at 4p)

KEY: White = Gym Activities

Gray = Pool Activities

** = Moderate to Vigorous Intensity

DFC Group Fitness Class Descriptions

Gym Fitness Activities

- ***Chair Aerobics:*** This is a non-weight bearing aerobics class seated on a chair or stability ball. Lower body & upper body movements are performed in a continuous routine.
- ***HIIT (High Intensity Interval Training):*** A challenging aerobic and strength interval workout. Best suited for those with the ability to work up to a vigorous intensity. Not recommended for beginning exercises or those with significant medical and/or orthopedic issues.
- ***Kickboxing Aerobics:*** An aerobic workout utilizing real boxing moves in a shadow-boxing format.
- ***Low Impact Aerobics:*** This class involves choreographed movement to music in which one foot remains in contact with the floor at all times.
- ***Step Aerobics:*** A cardiovascular workout utilizing a step, with step heights ranging from 4-8 inches. Beginners may take the class performing the step moves on the floor.
- ***Total Body Conditioning:*** A cardiovascular and strength training class designed to keep you moving and keep your heart rate elevated. Modifiable for most participants.
- ***Weight Circuit Orientation:*** A guided orientation to the strength machine circuit. Learn proper seat positions, correct form for each machine & proper starting resistance.
- ***Yoga/Pilates Fusion:*** A class that combines yoga principles (yoga poses, breath focus, centering) with Pilates principles (core strengthening and stabilization, body alignment, proper breathing) in order to strengthen the body and improve flexibility.

Open Gym time gives you the opportunity to supplement the Group Fitness class workouts and practice other fitness activities you will do independently at home or when traveling. Suggested activities include cardio workouts (NuStep, treadmill, elliptical, AMT, bike, arm bike), strength training (machines, free weights, resistance tubes, medicine balls, stability balls) and stretching.

Pool Fitness Activities

- ***Aqua Aerobics:*** An aerobic workout in the pool utilizing various moves for the lower & upper body.
- ***Aqua Power & Strength:*** Cardio & strength interval workout utilizing all depths of the pool and aquatic equipment.

During Lap Swim, Open Pool Exercise & Water Walking hours, please be respectful of fellow DFC clients and share the pool. If you would like to exercise independently during lap swim time, please make an effort to stay out of the swimmer's lanes.